

Tips for Better Life

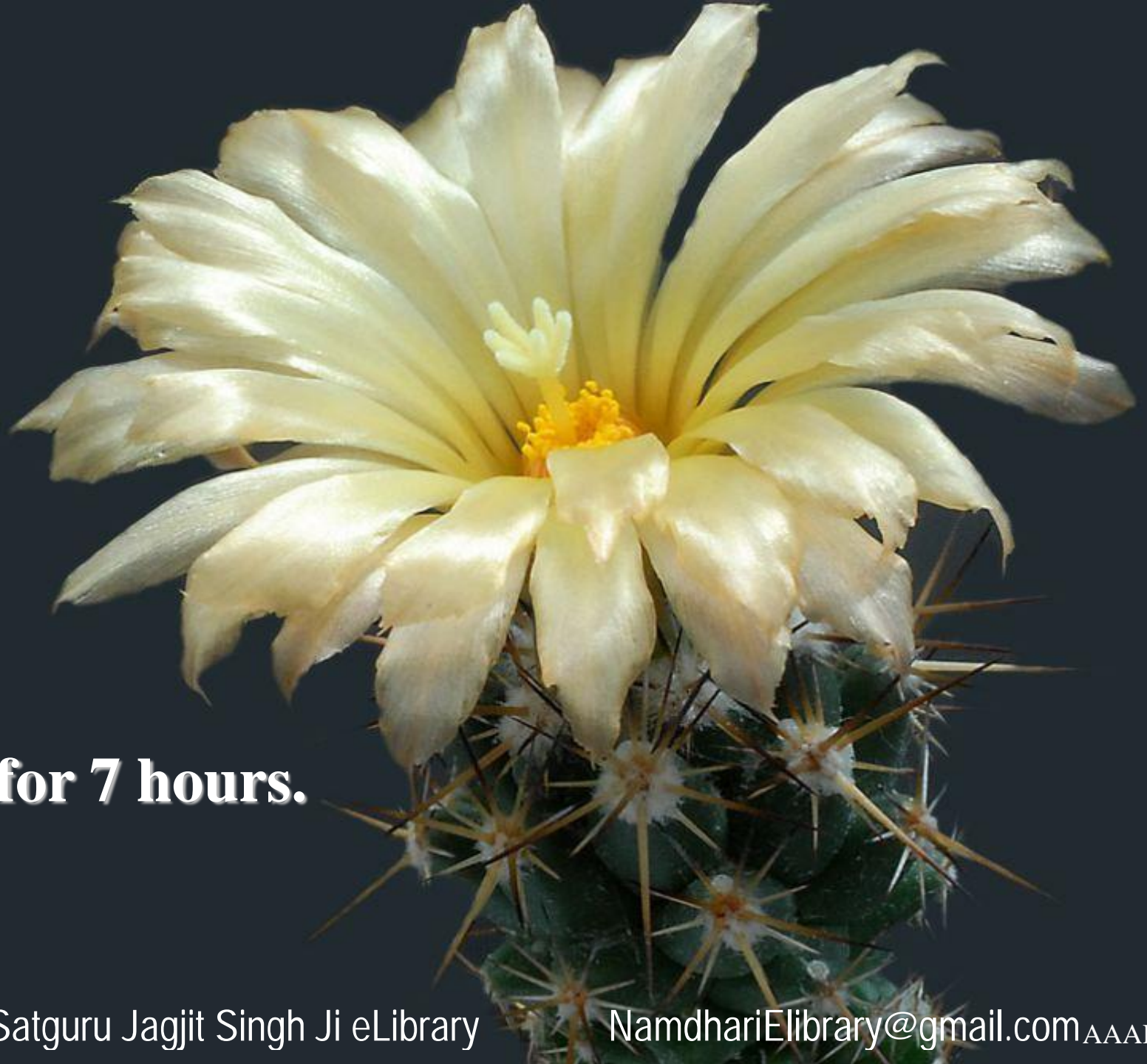


**Take a 10-30 minutes walk every day.
And while you walk, smile.**



Sit in silence for at least 10 minutes each day.





Sleep for 7 hours.

**Live with the 3 E's : Energy, Enthusiasm,
and Empathy.**



Play more games.



Read more books than you did before.



**Drink plenty
of water.**



**Eat more foods that grow on trees and plants
and eat less food that
is manufactured
in plants.**



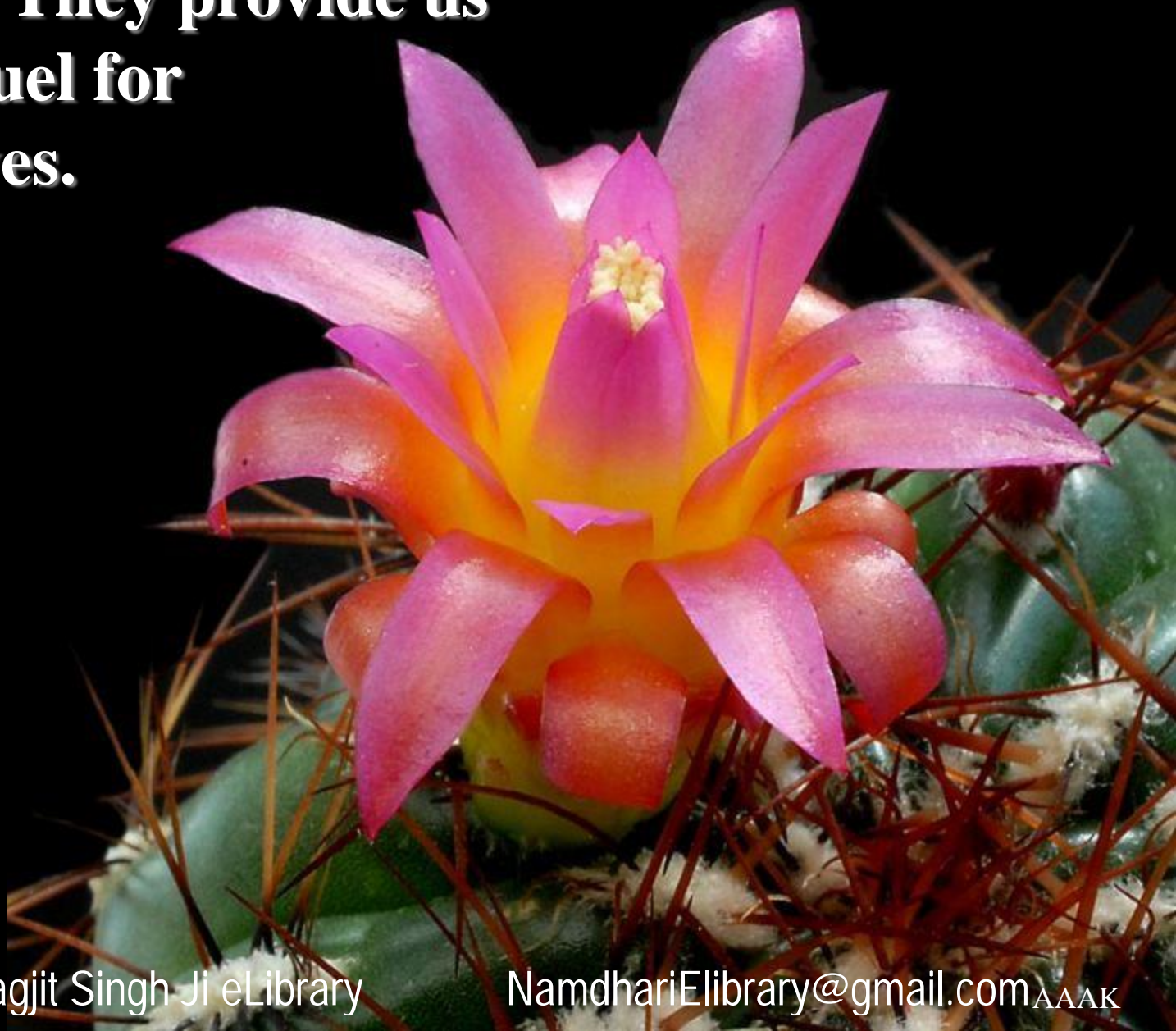
Eat breakfast like a king,



lunch like a prince

**and dinner like
a beggar.**

**Make time to practice meditation,
and prayer. They provide us
with daily fuel for
our busy lives.**



Dream more while you are awake.



Smile and laugh more.



Try to make at least three people smile each day.



Don't waste your precious energy on gossip.



**Don't have negative thoughts about things you
cannot control.**



**Instead invest
your energy
in the positive
present moment.**

**Spend time with people over the age of 70
& under the age of 6.**



Life is too short to waste time hating anyone.

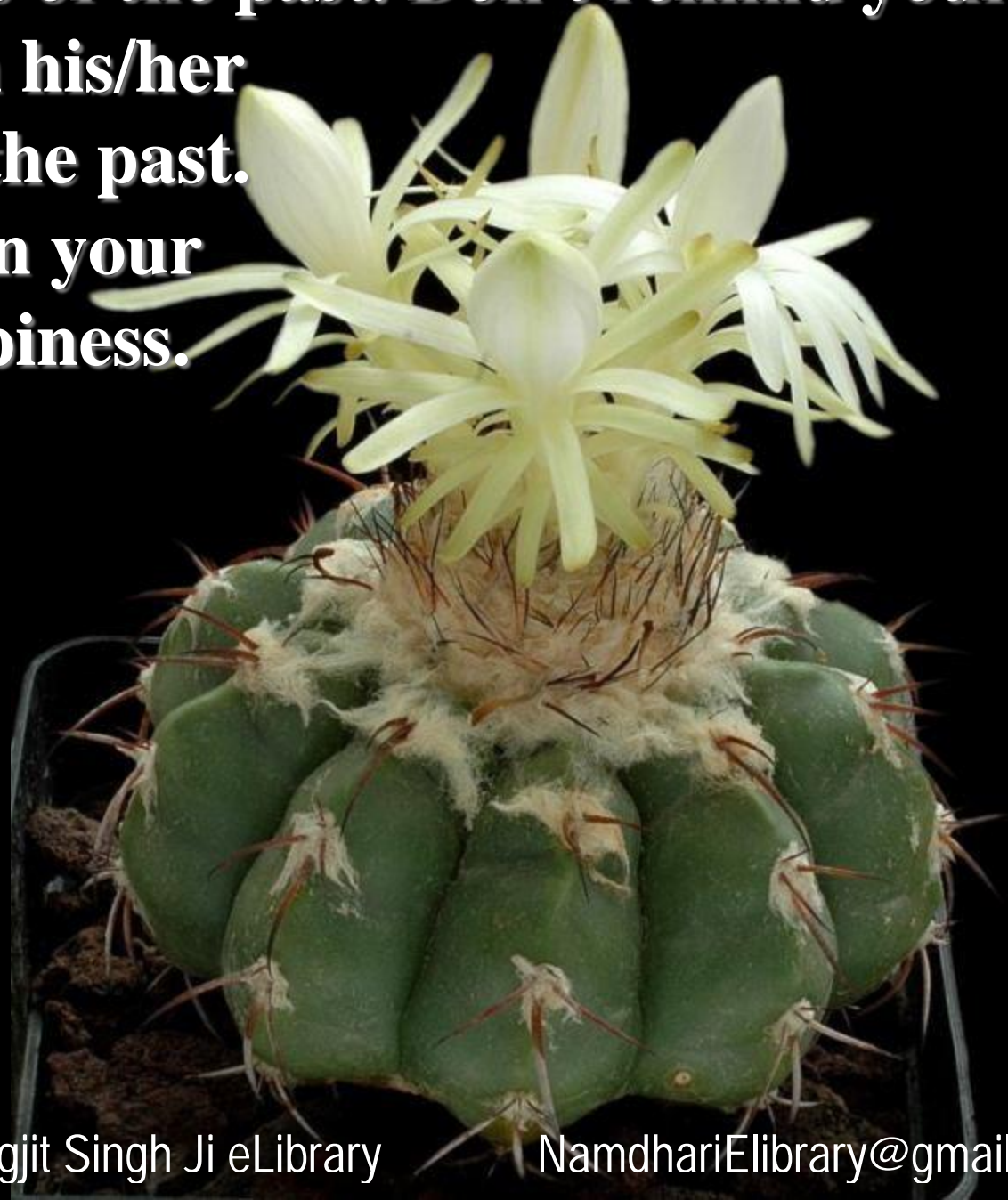


**Don't take yourself
so seriously.**

No one else does.



Forget issues of the past. Don't remind your partner with his/her mistakes of the past. This will ruin your present happiness.



**Realize that life is a school
and you are here
to learn. Problems
are simply part
of the curriculum
that appear and
fade away like
algebra class,
but the lessons
you learn
will last
a lifetime.**



**You don't have to win every argument.
Agree to disagree.**



Don't compare your life to others'. You have no idea what their journey is all about.



Make peace with your past so it won't spoil the present.



**Your job won't take care of you when you are
sick. Your friends will.
Stay in touch.**



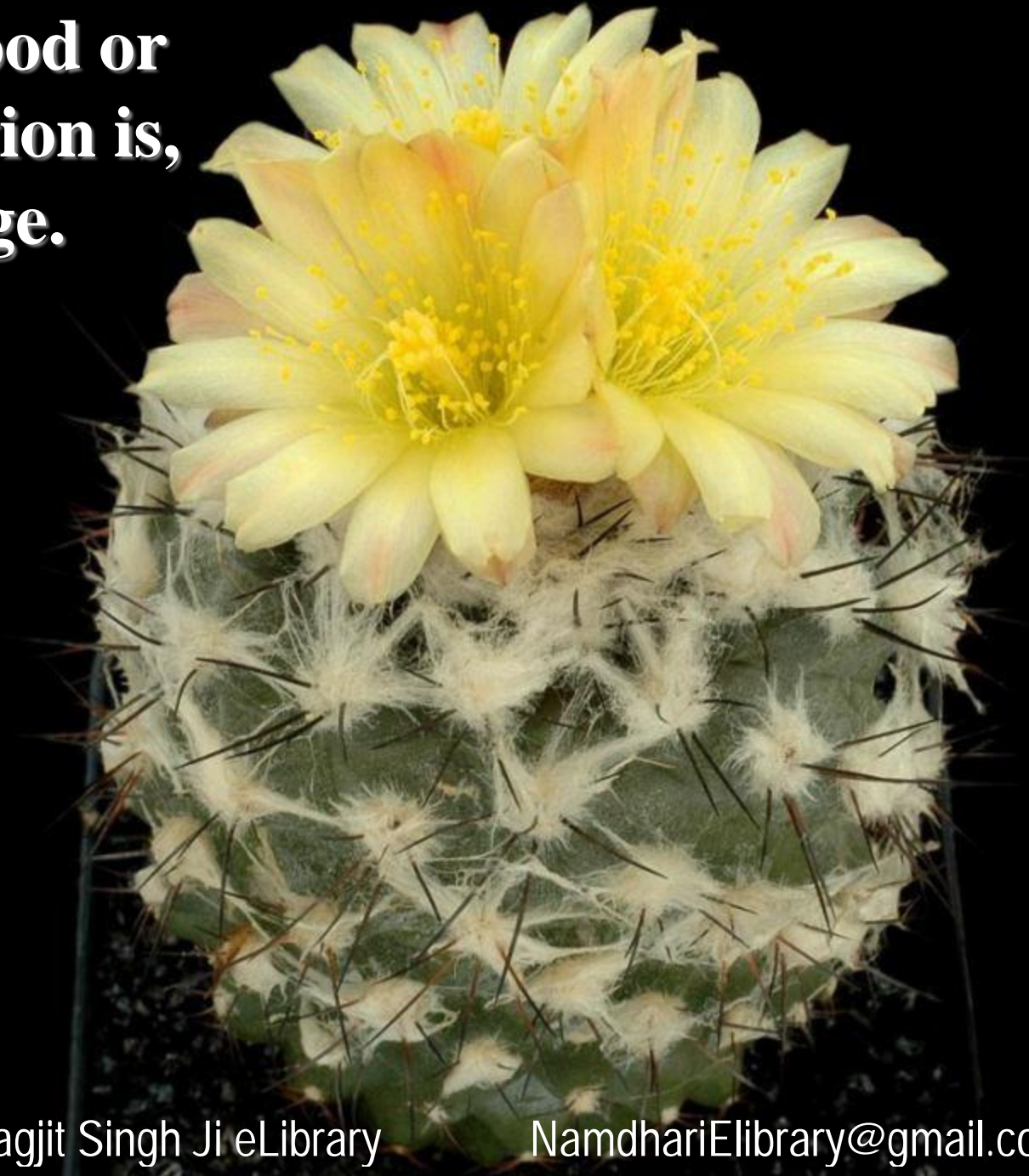
Forgive everyone for everything.



What other people think of you is none of your business.



**However good or
bad a situation is,
it will change.**



**Get rid of anything
that isn't useful,
beautiful
or joyful.**



**Envy is a waste of time.
You already have
all you need.**



The best is yet to come.



**No matter how you feel, get up, dress up
and show up.**



Don't over do. Keep your limits.



Your inner most is always happy. So be happy.



Do the right thing!



Call your family often.



**Each day give something
good to others.**



Forward this to everyone you care about.

